



National Nutrient Database for Standard Reference
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Statistics Report 01174, Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Report Date: July 11, 2017 14:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6	g	89.21	17	0.193	87.9	92.08	11.0	88.781	89.63	6	Analytical or derived from analytical	--	12/2008
Energy	kcal	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	210	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1 2	g	3.30	13	0.033	3.18	3.61	11.0	3.231	3.377	2	Analytical or derived from analytical	--	12/2008
Total lipid (fat) 1 2 3 4 5 6	g	1.98	14	0.008	1.9	2.06	8.0	1.959	1.996	6	Aggregated data involving comb. of codes other than 1,12 or 6	--	12/2008
Ash 1 2	g	0.71	13	0.035	0.31	0.85	11.0	0.632	0.786	2	Analytical or derived from analytical	--	12/2008
Carbohydrate, by difference	g	4.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Sugars, total 1 2	g	5.06	13	0.061	4.61	5.69	11.0	4.926	5.196	2	Analytical or derived from analytical	--	12/2008

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Sucrose 1 2	g	0.01	13	0.000	0	0.1	--	--	--	2	Analytical or derived from analytical	--	12/2008
Glucose (dextrose) 1 2	g	0.01	13	0.000	0	0.1	--	--	--	2	Analytical or derived from analytical	--	12/2008
Fructose 1 2	g	0.01	13	0.000	0	0.1	--	--	--	2	Analytical or derived from analytical	--	12/2008
Lactose 1 2	g	5.01	13	0.062	4.11	5.69	11.0	4.878	5.15	2	Analytical or derived from analytical	--	12/2008
Maltose 1 2	g	0.01	13	0.000	0	0.1	--	--	--	2	Analytical or derived from analytical	--	12/2008
Galactose 1 2	g	0.02	13	0.008	0	0.11	11.0	-0.002	0.035	2	Analytical or derived from analytical	--	12/2008
Minerals													
Calcium, Ca 3 4 5 6	mg	120	4	0.707	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Iron, Fe 3 4 5 6	mg	0.02	4	0.002	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Magnesium, Mg 1 2 7 8 9 10 11 12 13	mg	11	31	0.098	10	13	11.0	11.063	11.495	9	Analytical or derived from analytical	--	12/2008
Phosphorus, P 1 2 7 8 9 10 11 12 13	mg	92	28	0.526	82	98	7.0	90.317	92.808	9	Analytical or derived from analytical	--	12/2008

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Potassium, K 1 2 7 8 9 10 11 12 13	mg	140	31	2.114	103	172	15.0	135.195	144.205	9	Analytical or derived from analytical	--	12/2008
Sodium, Na 1 2 7 8 9 10 11 12 13	mg	47	31	0.832	36	69	14.0	44.744	48.305	9	Analytical or derived from analytical	--	12/2008
Zinc, Zn 1 2 7 8 9 10 11 12 13	mg	0.48	29	0.015	0.3	0.84	12.0	0.451	0.518	9	Analytical or derived from analytical	--	12/2008
Copper, Cu 1 7 8 9 10 11 12 13	mg	0.006	30	0.000	0	0.01	11.0	0.005	0.006	8	Analytical or derived from analytical	--	12/2008
Manganese, Mn 1 7 8 9 10 11 12 13	mg	0.014	30	0.000	0	0.04	11.0	0.014	0.014	8	Analytical or derived from analytical	--	12/2008
Selenium, Se 1 2 7 8 9 10 11 12 13	µg	2.5	30	0.174	0	5.6	11.0	2.111	2.875	9	Analytical or derived from analytical	--	12/2008
Fluoride, F 1	µg	3.4	4	0.397	2.8	4.5	3.0	2.138	4.667	1	Analytical or derived from analytical	--	12/2008
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	0.2	5	0.000	0	0.9	--	--	--	2	Analytical or derived from analytical	--	12/2008
Thiamin 1 2	mg	0.039	13	0.005	0	0.07	11.0	0.028	0.051	2	Analytical or derived from analytical	--	12/2008
Riboflavin 1 2	mg	0.185	13	0.003	0.17	0.21	11.0	0.178	0.192	2	Analytical or derived from analytical	--	12/2008

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Niacin 1 2	mg	0.092	12	0.002	0.08	0.11	10.0	0.088	0.096	2	Analytical or derived from analytical	--	12/2008
Pantothenic acid 1 2	mg	0.356	5	0.019	0.31	0.42	3.0	0.295	0.416	2	Analytical or derived from analytical	--	12/2008
Vitamin B-6 1 2	mg	0.038	13	0.001	0.03	0.04	11.0	0.036	0.041	2	Analytical or derived from analytical	--	12/2008
Folate, total 1	μg	5	12	0.149	4	5	11.0	4.256	4.911	1	Analytical or derived from analytical	--	12/2008
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Folate, food	μg	5	12	0.149	4	5	11.0	4.256	4.911	1	Analytical or derived from analytical	--	08/2010
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 1 2	mg	16.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Betaine 1 2	mg	0.9	2	--	--	--	--	--	--	2	Analytical or derived from analytical	--	12/2008
Vitamin B-12 3 4 5 6	μg	0.53	4	0.033	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Vitamin A, RAE	μg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	27	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Carotene, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Vitamin A, IU	IU	102	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Vitamin E (alpha-tocopherol) ¹	mg	0.03	12	0.003	0.02	0.05	11.0	0.024	0.037	1	Analytical or derived from analytical	--	12/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Tocopherol, beta ¹	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocopherol, gamma ¹	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocopherol, delta ¹	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Vitamin D	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	0.2	4	0.048	0.1	0.3	3.0	0.023	0.327	1	Analytical or derived from analytical	--	12/2008
Lipids													
Fatty acids, total saturated	g	1.257	--	--	--	--	--	--	--	1	Calculated or imputed	--	08/2010
4:0 ^{1 2}	g	0.077	5	0.001	0.06	0.15	3.0	0.072	0.081	2	Analytical or derived from analytical	--	12/2008
6:0 ¹	g	0.040	4	0.002	0.04	0.04	3.0	0.034	0.047	1	Analytical or derived from analytical	--	12/2008
8:0 ^{1 2}	g	0.020	5	0.001	0.01	0.03	3.0	0.017	0.023	2	Analytical or derived from analytical	--	12/2008
10:0 ^{1 2}	g	0.049	5	0.002	0.04	0.06	3.0	0.044	0.054	2	Analytical or derived from analytical	--	12/2008
12:0 ^{1 2}	g	0.055	5	0.002	0.05	0.06	3.0	0.05	0.059	2	Analytical or derived from analytical	--	12/2008
13:0 ²	g	0.002	1	--	--	--	--	--	--	1	Analytical or derived from analytical	--	12/2008
14:0 ^{1 2}	g	0.175	5	0.003	0.17	0.18	3.0	0.167	0.184	2	Analytical or derived from analytical	--	12/2008
15:0 ^{1 2}	g	0.020	5	0.000	0.02	0.02	3.0	0.019	0.021	2	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1 2	g	0.558	5	0.009	0.49	0.61	3.0	0.53	0.586	2	Analytical or derived from analytical	--	12/2008
17:0 1 2	g	0.011	5	0.000	0.01	0.01	3.0	0.011	0.012	2	Analytical or derived from analytical	--	12/2008
18:0 1 2	g	0.243	5	0.004	0.21	0.26	3.0	0.231	0.255	2	Analytical or derived from analytical	--	12/2008
20:0 1	g	0.004	4	0.000	0	0	3.0	0.004	0.004	1	Analytical or derived from analytical	--	12/2008
22:0 2	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Fatty acids, total monounsaturated	g	0.560	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 1 2	g	0.014	5	0.001	0.01	0.02	3.0	0.012	0.017	2	Analytical or derived from analytical	--	05/2011
15:1 1 2	g	0.004	5	0.000	0	0.01	3.0	0.004	0.005	2	Analytical or derived from analytical	--	12/2008
16:1 undifferentiated	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:1 c 1	g	0.027	4	0.001	0.02	0.03	3.0	0.022	0.031	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 1 2	g	0.005	5	0.000	0	0.01	3.0	0.005	0.005	2	Analytical or derived from analytical	--	12/2008
18:1 undifferentiated	g	0.507	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
18:1 c 1	g	0.430	4	0.005	0.42	0.44	3.0	0.415	0.445	1	Analytical or derived from analytical	--	12/2008
18:1 t 1	g	0.078	4	0.005	0.07	0.09	3.0	0.063	0.093	1	Analytical or derived from analytical	--	12/2008
20:1 1 2	g	0.002	5	0.000	0	0.01	--	--	--	2	Analytical or derived from analytical	--	12/2008
22:1 undifferentiated 1 2	g	0.000	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Fatty acids, total polyunsaturated	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 n-6 c,c 1	g	0.055	4	0.003	0.05	0.06	3.0	0.044	0.065	1	Analytical or derived from analytical	--	12/2008
18:2 i 1	g	0.007	4	0.000	0.01	0.01	3.0	0.006	0.009	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.008	4	0.000	0.01	0.01	3.0	0.008	0.009	1	Analytical or derived from analytical	--	12/2008
18:4 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
20:3 undifferentiated ²	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
20:4 undifferentiated ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
20:5 n-3 (EPA) ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:5 n-3 (DPA) ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:6 n-3 (DHA) ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fatty acids, total trans	g	0.085	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total trans-monoenoic	g	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol ^{1,2}	mg	8	5	0.090	8	9	3.0	7.871	8.445	2	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Stigmasterol 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Campesterol 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Beta-sitosterol 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Amino Acids													
Tryptophan 3 4 5 6	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine 3 4 5 6	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine 3 4 5 6	g	0.171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine 3 4 5 6	g	0.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 3 4 5 6	g	0.276	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 3 4 5 6	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine 3 4 5 6	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 3 4 5 6	g	0.171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine 3 4 5 6	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 3 4 5 6	g	0.216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 3 4 5 6	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 3 4 5 6	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 3 4 5 6	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 3 4 5 6	g	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 3 4 5 6	g	0.742	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 3 4 5 6	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline 3 4 5 6	g	0.326	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ^{3 4 5 6}	g	0.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Hydroxyproline ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994